Jessica Balliett  
AP English Language and Composition  
This I Believe: Seeing is Believing11-16-09

**SKILLS PAGE**

**16.1 Choose the best word**

MY SENTENCE: When I get super stressed out, the one thing that can always calm me down is a walk outside.

EXPLANATION: Choose the best word because Mr. Lane said so.  
REVISED EXAMPLE: When I get **deeply** stressed out, the one thing that can always calm me down is a walk outside.

ORIGINAL EXAMPLE: I was **petrified** of the spider crawling on my bedroom wall.